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NEWS  
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## CREDIT CARD, SCHMEDIT CARD

IN WHICH DANIMAL'S FISH-LIPPED, VODKA-SWILLING WIFE MAKES HER DEBUT

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## Ford jonesin' for J.C., critics hold their hallelujahs

T.O. mayor says he's had a 'come to Jesus moment,' vows to turn life around

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## Excelsior! X-Men take it all

St. Pius X wins the NCSAA Ottawa regional high school football championship in a tight 25-22 game against the Falcons

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**NO  
NICKELBACK  
GUARANTEE**

**LIVE  
88.5fm**



## FUNERAL PROCESSION FOR FARMER

Police direct traffic as a procession of tractors heads north along Prince of Wales Drive on Tuesday in front of Cornerstone Wesleyan Church before a funeral for Mark Lindsay, a south Ottawa farmer killed in a tragic accident. Lindsay died last week at his farm at 6794 Second Line Rd. S. when land gave way beneath his tractor overturning it into a pond. MIKE CARROCCETTO/FOR METRO

## Revenue over rights?

**Or engagement over isolation?** Ottawa college slammed for opening men-only campus in Saudi Arabia

DENIS ARMSTRONG  
ottawa@metronews.ca

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10 community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come. With a student body of 850 in its first year of operations and enrolment expected to rise to 2,500 by Year 3, Algonquin College's Jazan campus revenue is predicted to exceed 100 million riyal, or \$25 million, over the next five years. The college hopes to expand the number

of courses it offers.

Algonquin lost on its bid to open a school exclusively for women, but has submitted a second bid to for 2014.

"This is apartheid, and any notion of apartheid is unacceptable at Algonquin," said Jack Wilson, vice-president of Ontario Public Service Employees Union who teaches Police & Public Safety at Algonquin. "Saudi Arabia doesn't respect human rights. This contradicts the college's core values of caring, integrity and respect."

He said his point was made dramatically clear when in May, five Yemeni men found guilty of murder were beheaded and hanged in front of the University of Jazan.

Claude Brule, Algonquin's vice-president, academic, believes Saudi Arabia's invitation to Algonquin and other western schools is a sign that it is gradually becoming more open to contemporary democracy.

"We're making a positive change through education and progress," said Brule. "We've chosen engagement, not isolation."



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Seeking tips

## Cops turn to web to solve shooting

The Ottawa police have released new details in the Malik Adjokatcher murder investigation in a new YouTube video.

Appealing to the public for help in solving the crime, Sgt. Dan Brennan of the Ottawa police outlines a chronology of events as a re-enactment plays out.

In his account of the May 14 killing Brennan says that Malik Adjokatcher was socializing with friends on Ritchie Street when he was shot unprovoked by a man who then fled towards an older-model dark passenger van. Police say a handgun was used in the crime and CBC reported that Det. Chris Benson said a handgun retrieved from a sewer on Orleans Boulevard was being tested to see if it matched the shooting.

The suspect is described as a dark-skinned male of average height and weight with medium-length dark hair.

METRO

Investigation

## Assault didn't take place in a cab: Cops

Ottawa police say they are changing their theory in an investigation of a sexual assault of a woman on Nov. 2, which they now are saying did not take place in a taxi cab.

Police said previously that a woman was sexually assaulted by a taxi driver en route from Gatineau to Sandy Hill. On Tuesday, police said the alleged sexual assault did not take place in a cab and the suspect is a not a taxi driver.

JOE LOFARO/METRO

# Teen pimp could go free in January

A mid-trial plea and good behaviour in jail will likely mean an admitted teen pimp will get a sentence of time served and probation.

Defence and Crown lawyers made a joint submission to an Ottawa judge Tuesday asking that the eldest of three teenage Ottawa girls accused of forcing other teens into prostitution will be sentenced to the time she's already served in jail plus two years of

probation.

The girl, now 18, cannot be named under provisions of the Youth Criminal Justice Act. She was 16 when she was arrested in the spring of 2012, along with two other girls who were both 15 at the time.

She pleaded guilty in September to human trafficking, robbery, uttering threats, and breach of recognizance out of nine charges. Among the arrested trio, she faced the few-

est charges.

Justice Diane Lahaie is slated to render a decision on sentencing on Jan. 17, 2014.

The surprise, mid-trial guilty plea the girl made with a second co-accused is among several mitigating factors, Crown prosecutor Fara Rupert argued Tuesday. The girl's youth, sound behaviour while detained, and surrendering herself into custody after admitting she could not abide by

court-ordered bail conditions are also factors that might work in her favour.

However, Rupert raised several aggravating factors for the judge to consider, primarily the violence she inflicted upon a 16-year-old victim on May 30, 2012. According to the Crown, the accused befriended a teenage girl and brought her to a john's apartment to perform oral sex in exchange for \$80.

JOE LOFARO/METRO

# Drug-treatment centre opens to city patients

## Recovery Ottawa.

Officials, supporters and media celebrate Vanier clinic's opening

TREVOR GREENWAY

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The city's newest methadone clinic, Recovery Ottawa, officially opened its doors Tuesday. Founder Dr. Mark Ujjainwalla said 400 methadone patients are treated at the clinic and he hopes to have 1,000 patients by the end of next year.

Ujjainwalla said he came up with the idea of the clinic to tackle the city's cocaine and opioid "epidemic." He said almost 8,000 addicts tried to get help in 2011 and 2012 in Ottawa, but most were met with long waiting lists at area treatment centres.

"Most of them were forced back on the street to 'steal, prostitute and deal drugs,'" Ujjainwalla said.



Dr. Mark Ujjainwalla, founder of Recovery Ottawa, speaks about his new methadone clinic in Vanier during its grand opening Tuesday. TREVOR GREENWAY/METRO

A recovered addict himself and addiction specialist for the past 25 years, Ujjainwalla said he will take in any patient and start them on methadone or another drug immediately, even if they don't have a health card.

"These people are sick," he

said. "These are not bad people who have to get good, these are sick people who need to get well."

With no funding, Ujjainwalla has completely paid for the 6,000-square-foot facility from his own pocket. He took Metro on a tour of the facility Tuesday.

## Former addict

"They are the suffering, they are the victimized.... They are dying a slow death of shame and fear."

Recovery Ottawa's Dr. Mark Ujjainwalla

1 NEWS

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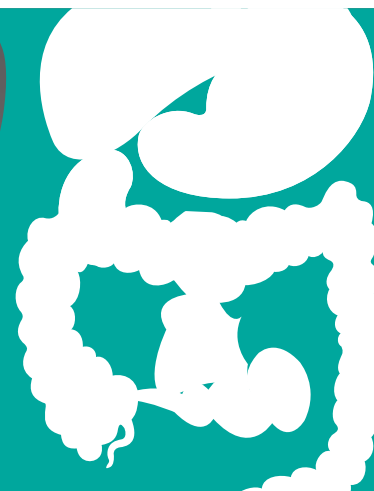
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# Gutsy, never-give-up attitude brings sweet victory to X-Men

**They're No. 1.** Team wins NCCSAA Ottawa regional high school football championship in nail-biter against Falcons

**TREVOR GREENWAY**  
ottawa@metronews.ca

St. Pius X-Men quarterback Malcolm Turgeon was never worried.

Even when his team was down by a full touchdown with less than two minutes on the clock in the National Capital Secondary Schools Athletic Association football championship Tuesday, he didn't fret.

Instead, he handed the ball off to running back Augustin Mande, who ran 40 yards for a last-minute touchdown — tying the game to keep his team's chances of winning alive.

The gutsy play pushed the Philemon Wright Falcons to the brink, and in overtime, the X-Men pounced with a field goal to win a nail-biting 25-22 game.

"I've been playing football for five years and this is my first championship," said Turgeon, out of breath from cheering with his teammates. "I had confidence in

our team. I knew all along we were going to win."

The game didn't start out the best for the X-Men, as the Falcons scored on its opening drive. The X-Men came right back, though, and were up 17-16 at halftime.

But the Falcons wouldn't go away. They charged in the third and fourth quarter, scoring a touchdown and holding the X-Men at bay. And with less than two minutes left, the Falcons tried for a third-down conversion, but lost the ball. That's when Mande took control and ran through several defenders to tie the game 22-22.

In overtime, the X-Men kicked a third-down field goal through the uprights to go ahead by three — putting all the pressure on the Falcons. The X-Men's solid defence didn't budge on the final play and the screams from the home team's fans said it all: The X-Men were the champs.

"It comes down to your heart and your desire, your perseverance," said X-Men head coach Tim Robillard. "It's just working hard and never giving up."

Despite the heart-breaking loss, Falcons defensive coordinator Matt Orlando said he was proud of how well his Gatineau squad did in their first year playing in the Ottawa league — and playing



X-Men player Harrison Thorne celebrates with a teammate after winning the National Capital Secondary Schools Athletic Association football championship on Tuesday. ALL PHOTOS TREVOR GREENWAY/METRO

against teams with players a year older.

"They worked their guts out all season long," said Orlando.

"We didn't know if we would even be able to compete in this league, moving over to Ottawa from the other side and to be in a city championship is just phenomenal. To lose in overtime, we're just extremely proud of everyone."



X-Men defensive tackle Hugo Nicastro tries to pull down a Falcon during the game.



The St. Pius X-Men pose after winning the championship Tuesday.

## You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

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## Typhoon Haiyan. Filipinos grateful for Canada's help, Ottawa aid worker says

Many Filipinos are thankful for Canadians who have rushed to their country to help rebuild after Typhoon Haiyan, says an Ottawa humanitarian aid worker in the Philippines.

Suzanne Charest, communications director for CARE Canada, an Ottawa-based organization that delivers humanitarian aid to impoverished countries, landed on the island of Cebu in the Philippines this week to help distribute food aid and shelter kits.

Every bit helps for the thousands killed and millions left homeless in the aftermath of the Nov. 7 typhoon, she said. "The vast majority of the homes that were damaged had their roofs blown off," said Charest Tuesday by phone from Manila.

With limited resources, some residents are recycling wood from downed trees to make shelter, she said. In her short time in Cebu, Charest said she has noticed Filipinos are recognizing the efforts of Canadians.

"Everywhere I go, people say



Suzanne Charest  
COURTESY PAUL COUVRETTE

thank you to Canada, thank you for coming to help the Filipino people. There's a deep sense of gratitude," she said. "The Canadian government has just announced some additional funding. It can make you feel really proud to have that sense of gratitude."

Prime Minister Stephen Harper said Monday Canada's financial contribution to the Philippines disaster relief efforts is close to \$40 million. That number could grow as the federal government pledged to match private donations made by Canadians by Dec. 9.

JOE LOFARO/METRO



Near Ormoc, Philippines, workers unload rice from CARE Canada for families whose homes were destroyed by Typhoon Haiyan. COURTESY LAURA SHEAHEN/CARE

# Ottawa raises the flag for trans acceptance

## Day of Remembrance.

'We have to be more accepting of diversity,' police chief says as city remembers those killed for being who they are

Ottawa Police Chief Charles Bordeleau, Sen. Grant Mitchell and councillor for Ward 5 and acting deputy mayor Eli El-Chantiry hosted members of Ottawa transgender community to raise the flag for the fourth annual Trans Day of Remembrance at Police Headquarters on Tuesday.

Similar ceremonies were held throughout the day at Ottawa bylaw offices, paramedic headquarters, Fire Services headquarters and city hall, with a candlelight vigil planned for Wednesday at the Human Rights Monument at Elgin and Lisgar at 7 p.m.

Trans Day of Remembrance is a day to honour the memories of the estimated 260 people who were murdered around the world in the last year because they were transgender. By doing so, trans people and their supporters hope to curb hate crimes and promote awareness of the trans community and their struggle for acceptance. According to

Gender Mosaic spokesperson Amanda Ryan, the last trans person murdered in Canada was in 2003.

"Today, we remember trans people murdered for being who they are," said Mitchell, who is a big supporter of Bill C-279, which enshrines transgender rights. "Every day they encounter threats of physical and psychological violence. I feel strongly about fairness and it makes me sick to my stomach that some people have to put others down so they can feel better about themselves."

Ottawa's police force was the first in the country to officially support Trans Day of Remembrance in 2010.

"We have to be more accepting of diversity," said Bordeleau. "Safety and security applies to everyone. I don't like the word 'tolerance' because it implies putting up with something you don't like, when we should be focusing on acceptance."

Transgender activist Joanne Law remembered seven transgender friends who committed suicide because of the many social and personal hurdles trans people face.

"Ottawa is one of the most accepting cities, and the police force are the best in the country — a role model for the rest of the country," she said. DENIS ARMSTRONG/FOR METRO



From left: Ottawa police Chief Charles Bordeleau, trans spokesperson Alex Wayne Thompson and Amanda Ryan, and Sen. Grant Mitchell applaud as the Trans Day of Remembrance flag is raised at police headquarters.

DENIS ARMSTRONG/FOR METRO

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# Ford, Jesus and Kenney

**Toronto, Ottawa.** Mayor says he's thrown out the booze, top Tory says he's shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

## Sun News pulls plug

### Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to Torstar News Service that the show is over.

TORSTAR NEWS SERVICE

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He became the first federal cabinet minister to call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said as he left the Commons. Kenney added: "I personally think he should step aside."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

Councillors have slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

THE CANADIAN PRESS



Back on the job (what's left of it): Rob Ford arrives at Toronto city hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

## They were sedated

### Guilty of molesting 21 women

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught — called a "sexual opportunist" by the Crown — had pleaded not guilty to sexually assaulting the women.

Some victims were in the Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

The assaults reported by the 21 women generally involved a combination of Doodnaught kissing them, fondling their breasts and putting his penis in their mouth or hand while they were under conscious sedation.

Judge David McCombs found Doodnaught's guilt on all the counts "overwhelming."

THE CANADIAN PRESS

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A truck and a bus are stranded by flood waters in a tunnel near Olbia, Italy, in this photo taken on Monday. Sardinia was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm. MASSIMO LOCCI/THE ASSOCIATED PRESS

## 'Apocalyptic' storm floods Sardinia, kills at least 17

**Residents ignored evacuation orders.** Civil protection chief says system signalled highest level of risk

The Mediterranean island of Sardinia, prized by the jet-set for its white sand beaches and crystal-clear seas, was a flood-ravaged mud bath Tues-

day after a freak torrential rainstorm killed at least 17 people, downed bridges and swept away cars.

The island, which draws royals, entrepreneurs and ordinary tourists alike during the dry, peak summer months, received more than 44 centimetres of rain in 24 hours Monday — half the amount it normally receives in a year, officials said.

Transport was hampered

by rivers of cocoa-colored mud gushing over roads that forced the closure of several major thoroughfares, including a tunnel into the city of Olbia, according to the Anas which runs the roads and highways.

Olbia Mayor Gianni Giovannelli said the city had been destroyed by the "apocalyptic" storm, with bridges felled and water levels reaching 3 metres in some places.

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## Russian probe

## Plane crash that killed 50 due to faulty flying

The pilots of a Boeing 737 that plunged into the ground at Kazan airport lost speed in a steep climb then overcompensated and sent the plane into a near-vertical dive, according to a preliminary report released Tuesday by Russian aviation experts. All 50

people aboard were killed.

The Moscow-based Interstate Aviation Committee, which oversees civil flights in much of the former Soviet Union, said the plane's engines and other systems were working fine until the moment the plane crashed Sunday night.

The plane's climb and its subsequent plunge lasted only about one minute and it struck the ground going about 450 kilometres per hour, the report said. **THE ASSOCIATED PRESS**

## University of Texas

## Students cancel 'illegal immigrant game' after warning

A conservative student group at the University of Texas has cancelled its "Catch an Illegal Immigrant Game."

The Young Conservatives of Texas said Tuesday they feared retaliation from campus officials who called their plan a violation of the univer-

sity's honour code. Members planned to wear signs that said "illegal immigrant" and offered \$25 gift cards to students who caught them and turned them in to the club.

Group spokesman Lorenzo Garcia acknowledged the idea was "over the top" but said the university should not silence student protests.

Texas law allows students who came to the U.S. illegally to pay in-state tuition, something many Republicans want to repeal. **THE ASSOCIATED PRESS**

# Suicide bomb attack kills 23 in Beirut



Lebanese people gather at the scene where two explosions struck near the Iranian Embassy killing many, in Beirut on Tuesday.

BILAL HUSSEIN/THE ASSOCIATED PRESS

**Clashes.** Tensions between Lebanese Sunnis, who largely back Syrian rebellion, and Shiites, who tend to support Assad, flare up in bloodshed

The mid-morning blasts hit the upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

A Lebanese security official said the first suicide attacker was on a motorcycle that carried two kilograms of explosives. He blew himself up at the large black main gate of the Iranian mission, damaging the three-storey facility, the official said.

Less than two minutes later, a second suicide attacker driving a car rigged with 50 kilograms of explosives struck about 10 metres away, the official said. He spoke to The Associated Press on condition of anonymity in line with regulations.

In recent weeks, Hezbollah fighters have backed Assad's troops in a series of victories over rebels, taking back a string of rebel-held towns in Syria. Shiite Iran is the main Mideast backer of Assad's government, believed to be providing it with key financing and weapons.

**THE ASSOCIATED PRESS**

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attaché, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon. An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

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A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7. A TransCanada Corp. executive says rail will be used more often to transport oil if the Keystone pipeline project is not approved. PAUL CHIASSON/THE CANADIAN PRESS

# If Keystone XL pipeline denied, rail will be used

**TransCanada Corp.**  
Exec warns company on track to transport more oil by railway if controversial project gets turned down

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if

## Stopgap measure

"We have really ramped up our business development activities working with rail companies."

Alex Pourbaix, president of energy and oil pipelines for TransCanada Corp. He sees rail as a way to fill the gap until pipelines are built.

Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil."

THE CANADIAN PRESS

## Train troubles

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

- But scrutiny over the safety of that mode of transport has intensified after a series of high-profile events this year. Most notably, a train laden with oil from North Dakota's Bakken region crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

## #justjoking? Minister of employment posts, then deletes anti-union tweet

Shortly after midnight Tuesday, Canada's minister of employment took to Twitter to thank his staff for working overtime.

"Just wrapped up a meeting with several staff members, at midnight," Jason Kenney tweeted. "Good thing they're not unionized!"



Employment Minister Jason Kenney claimed this Twitter posting, later deleted, was a joke. TWITTER

Twitter users pounced on the minister, calling him "an uncaring boss" and accusing him of "union bashing." Others claimed the tweet was evidence of an anti-labour bias amongst federal Conservatives.

Unifor president Jerry Dias said Kenney's comments were "arrogant" and inappropriate given that roughly one in three Can-

adians belongs to a union.

Kenney quickly backpedalled, deleting the tweet and replacing it with one that lacked any reference to unions. He later referred to the remark as a joke, and said it "wasn't intended as a political comment."

As for Kenney's staff, Dias suggested they consider joining a union.

LUKE SIMCOE/METRO

## Calling for an apology

"He should be apologizing.... He just insulted 10 million Canadians. He just insulted the entire middle class."

Unifor president Jerry Dias on Jason Kenney's tweet

## Random biz fact of the day

# 46%

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization; 45 per cent say it plays somewhat of a role.

CAREERBUILDER

## Market Minute

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**Dow Jones:** 15,967.03 (-8.99)

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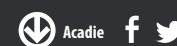
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## France

Ikea's top brass  
spied on workers,  
shoppers: Report

Officials say senior executives of Ikea France are in police custody over allegations that they illegally spied on employees and customers.

Ikea France has fired four employees and instituted a code of conduct in response to the investigation. French officials close to the case said Ikea France CEO Stefan Vanoverbeke and its finance chief, Dariusz Rycher, were apprehended Monday. THE ASSOCIATED PRESS

## American Thanksgiving

Butterball baffled  
by bony birds

Butterball apparently has a big fat mystery on its hands: The company says it doesn't know why some of its turkeys wouldn't plump up in time for Thanksgiving in the U.S. this year.

THE ASSOCIATED PRESS



Americans are facing a shortage of big Butterball birds. GETTY IMAGES FILE

## Michael Bloomberg

N.Y.C. bans tobacco  
sales to under-21's

Mayor Michael Bloomberg signed landmark legislation Tuesday banning the sale of tobacco products to anyone under the age of 21, making New York the first large city or state in the country to prohibit sales to young adults.

During a brief ceremony at city hall, Bloomberg said raising the legal purchase age from 18 to 21 will help prevent young people from experimenting with tobacco at the age when they are most likely to become addicted. THE ASSOCIATED PRESS



## Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 13

metronews.ca/temp

### Sick daze

### In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

- Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.
- Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO



ISTOCK

### Woe befalls Walmart

### Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. **THE ASSOCIATED PRESS**

# Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle

removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permenente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can

**"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital..."**

party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"Seriously?"

"I may be aging gracefully, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...



### Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

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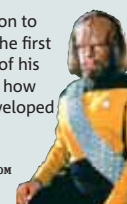
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### Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM



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# TO THINE OWN SELFIE BE TRUE

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in extended, coma-inducing couch sessions, and "olinguito," the cute, little, previously unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies, 'cause I was, like, bored, when I came across a program about the olinguito, which, was, like, just



JUST SAYIN'

Paul Sullivan

metronews.ca

discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased

by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather-elbow-patched jackets monitor the

world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

## ZOOM

### Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a \$45 lens from an old camera to capture the beautiful shapes of snowflakes.

As Kljatov's images show, no two snowflakes are alike, and atmospheric factors give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity. **METRO**

### Photog's viewpoint



"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall."

Alexey Kljatov



Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV



COURTESY ALEXEY KLJATOV

### Clickbait



ANDREW FIFE

andrew.fife@metronews.ca

**Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.**

### Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a nightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk. (bigfreedia.com)

### Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to

date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

### Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.



A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/FICKR

### Twitter



@CHFIERin: Anything but "adorbs". It's just "ridic".

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatevs. Nominate a word of the year for our Best Of List

@Canucklehead\_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@Xenojay: At least it's not "duck-face"? #Selfie #WordOfTheYear #HumansAreTerrible

Follow @metropicks and take part in our daily poll.

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## Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC  
scene@metronews.ca



### Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the front-man of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

**Aftermath:** Owens' fan-to-front-man story inspired the Mark Wahlberg movie Rock Star.

### David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

**Aftermath:** "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."



ALL PHOTOS GETTY IMAGES



### J.D. Fortune

After hearing guitarist Tim Farriss tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native who never had much luck with office jobs and once paid the bills as an Elvis impersonator.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

**Aftermath:** INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

### Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band. But you only really know how much they love you when they ask you back, as they did in the early '90s to record Dehumanizer.

**Aftermath:** Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.



### Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.

**Aftermath:** Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.



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Taylor Swift

## Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as \$13.5 million.) "The properties that Swift has looked over are huge houses, complete with panic rooms and everything."



Demi Lovato

## Sorry world, even Hannah Montana has to grow up

How can Demi Lovato put this nicely? All of Miley Cyrus' tongue-wagging, naked antics might be distracting attention from her singing. "A lot of artists take that route of shock value and that's totally fine and that's great, but I think that she has an incredible voice that's overshadowed by some of the things that she's doing," Lovato tells Katie Couric during an interview.

Still, she's sympathetic to her longtime friend. "I think that the world needs to get over the fact that she was Hannah Montana when she was 16 or whatever," the former child star says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## The dictionary people just want to be friends with celebrities

MELINDA TAUB

Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It

seems like everyone who is anyone has posted a selfie somewhere on the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is The Word, after all. The Word's word of the year could totally be a thing.

I have to admit that the art of selfies has been significantly refined this year. Celebs like Chris Pratt and Kim Kardashian use them to show off their slammin' bods. Beyoncé debuted a bold new hair-cut. Miley Cyrus took one in a wedding dress, apparently to quell rumours that her engagement to Liam Hemsworth was in trouble (it was, of course). And, of course, regular folks took selfies too. Usually at funerals.

## Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO (World Health Organization) high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Heavy metals such as



Brittany Murphy. ALL PHOTOS GETTY IMAGES

those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and once they were hitched, Murphy started to act increasingly

strange and appear increasingly gaunt. Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed for his behaviour.

To make it even weirder, Sharon Murphy, Brittany's mother, continued to live with Monjack after her daughter's death, even sharing a bed with him. **DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY**



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The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS



### Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

# 5

## Free things to do in Montreal



### Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.



### Montreal Museum of Fine Arts

The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

### Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.



### Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.

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# You'll be coming round the mountain

## Beaver Creek.

Colorado ski resort has something luxurious for everyone



ANDREW DOBSON  
life@metronews.ca

Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledding and winter fly fishing.

### Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay



Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a photo booth and two balloon drops.

### The Pines Lodge

Nestled among ancient aspen and pine groves on

the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush bathrobes and RockResorts Spa products.

Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soak-

ing tubs and fireplaces.

### Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location.

### Come fly with me!

Air Canada recently announced non-stop winter service from Toronto to Vail/Eagle Airport commencing Dec. 14, which means Ontario-based ski bums now have an opportunity to conquer new North American moguls and mountains this ski season.

The decor is classic Rocky Mountain lore, complete with bear skin hide, antique ski and snow shoes, a deer bust, framed cowboy-loving landscapes and elk antler chandeliers.

The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate paired with a live band that croons moody Gordon Lightfoot ballads.

### Treat yourself

Those looking for a bit of pampering should book themselves into the Allegria Spa at The Park Hyatt.

Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium — a warm room heated by an underfloor heating system. From the spa menu, signature treatments include a Ginger Peach Cure and Slumber Massage.



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# Oh Paris, will you Marais me?

**The coolest quarter.** Neighbourhood boasts chic shops, bakeries and boutique hotels

MEREDITH  
ENGEL

Metro World News in New York

Besides the Eiffel Tower, the Louvre and other touristy (but essential) stops for Parisian visitors, the trendy Marais district is a must.

But the Marais, which translates to "marsh" in French, wasn't always this hip. Tour guide Skall (yes, that's his full name — he's French, OK?) tells Metro that the influx of the gay community in the 1980s restored the enclave's cool factor. The arrival of plenty an art dealer also helped, as the area today is famous for its contemporary galleries. Make sure you stop by these other establishments for a truly tres magnifique Marais experience.

**Fromagerie Jouannault**  
No trip to Paris would be complete without a visit to a specialty cheese shop. Whether you like your curds from cows, sheep or goats, find it here (even if it didn't originate in France). Want to take some cheese back to the States? The staff will vacuum-seal your purchase so it's TSA-friendly.

## Le Marche des Enfants Rouges

The city's oldest covered market is also the area's best kept secret: walk through an alleyway to enter this indoor market, where you'll likely bump into Parisians doing their grocery shopping. You can buy everything from local produce to international foods. The market is also a great place to stop for a bite, with cuisines ranging from Japanese to French to Moroccan represented. Fun fact: It's named for the red outfits children at a nearby orphanage used to wear long ago.

**Violette & Leonie**  
Find vintage and modern-

day womenswear, plus shoes and jewels, at this trendy consignment shop. Designer pieces from Dior, Hermes and Isabel Marant mingle with high street items.

## Merci

Picture the Urban Outfitters of Paris and you've got Merci. Shop for quirky souvenirs — Eiffel Tower cookie cutter, anyone? — plus home furnishings (there's a plethora of kitchen items on the top level), clothes, bath products, stationery and much more. The store recently did a collaboration with NYC's Museum of the Modern Art, so you know the goods are stylin'. When you're done shopping, peruse the library of cookbooks and stop for a coffee.

## Dalloyau

The history of this sweets shop is almost as rich as its chocolates. Charles Dalloyau was a baker who won the attention of Louis XIV during a tasting. The king hired Dalloyau, and

he and his brothers worked for the royal court over four generations. The store is famous for its Opera cake: a thin layer cake soaked in coffee syrup and topped with coffee buttercream, chocolate ganache and a dark chocolate coating (serves six; about \$60). Avoid the Laduree lines for a macaron from these guys instead.

## Hotel du Petit Moulin

This quirky hotel used to house the oldest bakery in Paris (the exterior retains the original signage). Each room is designed in a different fashion by Christian Lacroix, and the eccentric nature of the building means that each room is shaped differently. If you can, book Room 104 — you'll walk down a flight of zebra-covered steps into your private dwelling. Rooms start at about \$336 per night.

## Pavillon de la Reine

It's easy to walk by this ivy-covered hotel — it's hid-



Marais, meaning 'marsh', is a hub for art dealers and cafés. ISTOCK

den in a private courtyard behind shops on the Place de Vosges. The hotel recently underwent an overhaul; ask for one of the renovated rooms, which are loft style and overlook the private courtyard. Come down for eggs, ham, cheese and those fabulous French pastries in the morning. Rooms start at about \$518 per night.

## At these hotels

Before leaving for dinner during your stay, stop for a drink at the Honesty Bar: Fix yourself a cocktail and, on the honor system, check the price list and leave the appropriate number of euros. Ironically, both hotels have just added a Dishonesty Hour, Wednesdays from 5-6 p.m., when you can help yourself to drinks for free.

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Winter getaways

## How to choose your Hawaiian island



**ON THE MOVE**  
Loren Christie  
life@metronews.ca

If the onset of winter has you searching for the sun, may I suggest Hawaii? Far more than Florida without Disney World, each of the state's six main islands has a distinct flavour that will give you a true taste of paradise.

Oahu is home to the capital of Honolulu, a city of first class restaurants, hopping nightclubs and the world famous Waikiki Beach. Second World War history buffs will appreciate touring the sites of Pearl Harbor, while those looking for a quieter spot should check out the local surf culture on the North Shore of the island.

Kauai is quiet and



Honolulu is located on the Hawaiian island of Oahu. ISTOCK

subdued in contrast to Oahu. The lush "Garden Isle" is an upscale island perfect for breathtaking hikes or lounging on the beach. If you can afford to splurge, a helicopter ride is the perfect way to take in the island's incredible waterfalls.

Maui is a blend of Oahu and Kauai, offering a wide variety of accommodation options, cultural activities (a luau is a must) and the most swimmable beaches

in the state. The twisty and incredible scenic road to Hana is a must-do stomach turner. Local chefs, using the traditional Mom and Pop surf-side food shacks as their inspiration, are credited for leading the Hawaiian regional food movement.

The Big Island, best known for the active Mauna Kea volcano, is home to Hawaii Volcanoes National Park. The island has little in the way of

sand beaches, but does offer an incredible topography of black lava rock and stunning ocean views. Sport fishermen and golf enthusiasts will enjoy the outdoor activities while those looking to relax with a good cuppa will enjoy the locally grown Kona coffee.

Molokai, with no traffic lights and minimal accommodation, is a step back in time. The island, partially surrounded by a 28-kilometre fringe reef, is a great base for whale watching. Motorized thrill crafts are banned between Dec. 15 and May 15 as the ocean according to one local, "turns into whale soup."

Lanai, a former pineapple plantation, is the smallest of the islands. Apart from two large Four Seasons resorts there is very little on the island. It is the ideal place to come relax and admire the natural beauty. Although visiting all the islands on one trip is too ambitious, Lanai makes a nice two or three day add on.

Aloha!



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# Chicken Pot Stickers go from blah to yum with a drool-worthy filling

## Chicken Pot Stickers



This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
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When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before

serving.

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and

### Ingredients

#### Sauce

- 1/2 cup Hoisin sauce, divided

#### Filling

- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion

- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro

### Nutritional analysis

Per serving: 81 calories, 15 g carbohydrates, 0.6 g fibre, 4 g protein, 0.6 g total fat, 0.1 g saturated fat, 12 mg cholesterol, 230 mg sodium

bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any remaining stock. Serve with the remaining sauce. Garnish with cilantro. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

### Drink of the Week

## Spiced Mexican Coffee

- 4 cups (1 l) water
- 6 cinnamon sticks
- 2 vanilla beans, split
- 1 tbsp (15 ml) honey
- 1/3 cup (75 ml) finely ground Viennese or Italian roast coffee
- 6 packets Pure Via sweetener
- 3/4 cup (175 ml) 1% low fat milk, steamed

Combine water, cinnamon sticks, vanilla beans and honey in 3-quart (3 l) saucepan. Heat on medium heat to boiling, stirring frequently. Stir in coffee and Pure Via sweetener. Remove from heat. Let steep 5 minutes. Strain coffee into six small mugs. Discard cinnamon and vanilla. Top evenly with steamed milk and serve.



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# Free Belgian Truffle\*



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## Dinner. Chicken Fettuccine with Veg

1. In skillet, melt 15 ml (1 tbsp) butter over medium-high heat; sauté chicken, garlic and Italian seasoning 8 minutes or until chicken is browned and no longer pink inside. Transfer to a bowl; set aside.

2. In large pot of boiling, salted water, cook pasta 10 minutes or until al dente.

3. Return skillet to medium-high heat; add remaining butter. Sauté onion and mushrooms 5 minutes or until onion is translucent. Sprinkle with flour; stir in pepper and salt and cook, stirring, 2 minutes. Gradually stir in milk and cream; cook, stirring, 5 minutes or until creamy, smooth and thickened. Remove from heat; stir in cheeses.

4. Drain pasta and return to



pot. Pour in sauce, reserved chicken, tomatoes and sour cream and toss to coat.

**THE CANADIAN PRESS/ HENRY STAM OF REHOBOTH FARMS IN GRUNTHAL, MAN. FOR MILKCALENDAR.CA**

### Ingredients

- 30 ml (2 tbsp) butter, divided
- 2 boneless skinless chicken breasts, cut into thin strips
- 2 cloves garlic, minced
- 15 ml (1 tbsp) dried Italian seasoning
- 300 g (10 oz) fettuccine pasta

- 1 small onion, diced
- 4 to 5 small mushrooms, sliced
- 30 ml (2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) pepper
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) milk

- 125 ml (1/2 cup) 10% cream
- 250 ml (1 cup) shredded mozzarella cheese
- 75 ml (1/3 cup) grated Parmesan cheese
- 2 tomatoes, diced
- 125 ml (1/2 cup) sour cream



# PowerPoint personalities: Meet the four faces of a fantastic workforce

**Who do you think you are?** Identifying your personality type can help you focus your career down a path best-suited to you

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In a competitive job market, it's important to show employers that you have what it takes to become a valued member of their team.

Employers look beyond hard skills and experience — they also want to know if your personality type will suit their needs, and will sometimes even conduct personality tests during the hiring process.

So, how can you identify your personality type?

Software Advice CEO, Don Fornes, along with psychiatrist Dr. James Maynard and researcher Holly Regan, found that top-performing employees can be categorized into one of four desirable personality types: The Giver, the Champ, the Matrix Thinker and the Savant.

## The Giver

This employee puts the needs of others before their own.

They work hard and frequently go above and beyond what is expected of them.

Their pleasant nature and eagerness to please is often appreciated, but they can be prone to burn out



When all four personality types are represented within a company, great outcomes are guaranteed. iStock

because of their tendency to take on extra work and put others first.

Givers are team-players, non-confrontational and conflict-averse.

When Givers are stressed, they tend to suffer silently because they don't want to rock the boat.

They may possess good

leadership skills, but usually would rather be in a support role.

Givers can improve their job performance by establishing a clear understanding of work priorities and expectations with team members and managers.

## The Champ

An enthusiastic people-person — many successful salespeople and politicians are in this category.

Champs are driven, confident, motivated and skilled at reading people's emotions. Champs prefer to

be independent and strive toward personal success.

They sometimes have difficulty working towards a team or group objective. While Champs believe in themselves and the companies they work for, they

can develop an inflated ego and they often have a chip on their shoulder from past hardships.

This can lead Champs to be stubborn and belligerent with management and fellow employees.

Where possible, an office Champ should learn more about other coworkers' responsibilities through teamwork or job shadowing. This will help them develop a sense of perspective.

## The Matrix Thinker

This is a creative employee who often thinks outside the box.

A Matrix Thinker is a clever problem-solver and an innovative connector of ideas. The Matrix Thinker can be a revolutionary, but can also be disorganized, impulsive and easily distracted.

They may have difficulty completing projects on time because of their tendency to constantly jump from idea to idea.

This personality type often has difficulty relating to co-workers. They prefer to work alone so that they can have control over their projects and have difficulty handling criticism.

Matrix Thinkers should push for the time and resources they need to do the innovative work that makes them so valuable — and then deliver results.

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## The Savant

This is a team member who is really, really good at what they do.

- They have incredible focus and are determined to become experts in their field. Savants are most successful when working in a field that involves intensive knowledge of a specific topic.
- They are often skilled writers, researchers and engineers. Savants are perfectionists and may have trouble dealing with opposition to their expert opinion. They are often introverted and suffer social anxiety.
- A workplace Savant should try and integrate with their team. Participating in team projects and activities will help them build a rapport and exercise their social skills.
- Recognizing these personality types in the workplace can help you identify where your contributions provide the most value and targets areas of potential growth.

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# Typing in the key of competent

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When dealing with email communication it is crucial to conduct yourself in a professional manner.

Everyone has received an email lacking a salutation or sign-off and only a bare attempt at capitalization, grammar or sentence structure. If these habits continue when the sender enters the workforce he or she will find that this unprofessional behaviour can have a significant and negative impact on career prospects.

If you take the time to write accurate, concise and respectful emails you will be perceived in a better light and will likely receive

more positive and helpful responses.

Here are some tips to help you create a professional image and manage your email:

### Compose

When writing emails it is always best to err on the side of formality. Professional emails should include accurate punctuation, capitalization, sentence structure, grammar and spelling.

If you are not sure how to address someone, start with the most formal option like Dear Ms. Smith, then wait for the reply to determine how to address further correspondence.

For professional communication emoticons, abbreviations and slang acronyms like LOL are too informal.

Insert the receiver's address last. This ensures that you do not accidentally send an incomplete email or forget an attachment. This is particularly important when dealing with a sensitive topic. Better yet, if a topic



If you develop a strategy for effectively managing the emails that you receive, you will waste less time and be responsive, organized and less stressed. ISTOCK

is sensitive, don't send an email; go and talk directly to the person in order to avoid a misreading of your tone or intent.

### Format

Avoid the use of wallpaper or colourful fonts that are distracting and slow down

the receiver's ability to process the message.

When it comes to font type and size stick with the basic serif fonts, such as Times New Roman, or sans-serif, such as Arial, in the 10-to-11-point range.

Reread messages before sending. This allows you to

check the tone and content of the message from the reader's perspective and enables you to catch mistyped words — such as god instead of good — that will not be caught by your spell checker. An articulate, concise and accurate email tells others that you are intelli-

### The cleaning of the comp

- **Keep your inbox tidy.** Use electronic folders to archive messages that you may need to refer to in the future. Keep the inbox for current items that you need to deal with. This will help you feel organized and less overwhelmed and stressed.
- **Open an email once.** Don't waste your time by reading an email and then leaving it to sit because you don't feel like answering it only to have to return to the same email later. Have a one-touch policy for each email: open it, answer it and then delete or file it.

gent, professional and detail oriented.

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As a young worker, show your elder colleagues that you value their experienced opinions, but don't be afraid to voice an idea if you feel strongly about it. ISTOCK

# Accepting the young and the old into the workplace fold

## What's your number? How to manage age differences at your company

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As you enter the workforce, it's likely that at some point you'll work with or for someone who falls into a different age cohort than yourself.

Working with an older or younger employee or employer can be tricky, as your age difference can cause friction around interests, work habits, career plans and more.

While it's only normal to find any source of workplace tension a little anxiety-inducing, treat the experience as an opportunity to learn from your colleague and develop your own communication and collaboration skills along the way.

### Understand the terminology

The major age cohorts currently in the workforce are baby boomers, generation X and generation Y. Here's a quick breakdown of the relative ages and dispositions of each group.

It's useful to be aware of how these cohorts are "traditionally" described, so that you can recognize and avoid stereotyping and understand how both you and others may make assumptions about different age groups. Every person is unique and will bring their own attributes and personality into the workplace.

- Baby boomers are those born between 1946 and 1964. As it relates to the workplace, boomers are often considered competitive, placing a high value on education and believing that workers should pay their dues.

- Generation X includes those born between 1965 and 1977. This generation is portrayed as possessing an independent atti-

tude, skeptical perspective and valuing work-life balance quite heavily.

- Generation Y are those individuals born anytime from 1978 to 1999. Gen Y is considered optimistic and technologically adept and its members value constant feedback.

### Be curious

If you're unsure how to relate to a colleague, the best way to start is by striking up a conversation. Be genuinely curious about other people's interests

and make an effort with everyone in your office, no matter their age.

Although it can be easy to be intimidated by someone older than you, remember that an age gap doesn't have to mean a gap in conversation — you've both grown up in separate times and experienced different things, so you should have a lot to talk about.

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## Flyers brush off Senators' third-period push

Senators Chris Phillips and Erik Condra rush into goalie Robin Lehner's crease during a tussle between Mark Borowiecki and the Flyers' Scott Hartnell on Tuesday night in Philadelphia. Senators centre Kyle Turris tied the game 2-2 early in the third period, but the Flyers struck back with three unanswered goals from Kimmo Timonen, Wayne Simmonds and Adam Hall to clinch a 5-2 victory. **MATT SLOCUM/THE ASSOCIATED PRESS**

# Crosby, Ovechkin partying like its 2009

**NHL.** Penguins captain and his Capitals foil turning back on top

Dan Bylsma remembers the uneasy feeling.

It was Game 2 of the 2009 Eastern Conference semifinals between the Pittsburgh Penguins and Washington Capitals when Sidney Crosby and Alex Ovechkin were going goal-for-goal.

"It felt like every time they got the puck, they were going to do something with it," the Penguins coach said. "It's nice to see when your guy has it, but when you see their guy doing the same thing, it ended up being (like) who's going to score



Sidney Crosby and Alex Ovechkin will renew their rivalry Wednesday night when the Penguins visit the Capitals. **THE ASSOCIATED PRESS FILE**

last is going to win this game."

Crosby scored last as each of the NHL's top stars recorded a hat trick, but Ovechkin and the Capitals won the game. The

Penguins won the series and went on to capture the Stanley Cup.

That was the height of the Crosby-versus-Ovechkin rivalry.

Concussion problems derailed Crosby, and Ovechkin needed to switch from left to right wing to regain his scoring touch, but Wednesday night they meet in Washington atop their games simultaneously for the first time in years, engendering plenty of nostalgia about the good old days.

Consider it a rivalry renewed as the Penguins and Capitals play for first place in the Metropolitan Division and Crosby and Ovechkin revive the debate about who is the league's best player. Ovechkin has 40 goals and 13 assists in his past 42 games dating to last season, when he won the Hart Trophy as NHL MVP, while Crosby has 19 goals and 42 assists over the same span.

**THE CANADIAN PRESS**

## World Cup qualifiers

### Ronaldo treats Portugal to spot in Brazil with trio

The irrepressible Cristiano Ronaldo scored a dazzling hat trick to send Portugal into the 2014 World Cup finals at the expense of Sweden on Tuesday, while France advanced by conjuring a remarkable turnaround against Ukraine.

There was disappointment for Iceland which failed to become the least populous nation to reach the final after losing to Croatia on the final night of European qualification.

The list of African qualifiers was completed with Ghana advancing over Egypt and Algeria progressing on away goals at the expense of Burkina Faso.

**THE ASSOCIATED PRESS**

## Lance Armstrong saga

### Ex-head of UCI rejects doping cover-up claim

Former UCI president Hein Verbruggen called Lance Armstrong's claim that he helped cover up the rider's doping at the 1999 Tour de France a "ridiculous story" and said Tuesday he has nothing to fear from an independent investigation.

Armstrong alleged collusion by Verbruggen during his first Tour victory in an interview published Monday in Britain's Daily Mail. **THE ASSOCIATED PRESS**

## NBA



"Felt like it was '97 again and I was getting my first start as a

pro."

Kobe Bryant who participated in his second full workout with the Lakers on Tuesday. He still isn't sure when he'll be back in uniform as he recovers from a torn Achilles tendon.

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Henry Burris runs the ball during the CFL Eastern final in Toronto. Burris has endured wholesale changes in Hamilton this year, leading his team to this Sunday's Grey Cup in Regina. NATHAN DENETTE/THE CANADIAN PRESS

# Ticats' Grey Cup run a family affair for Burris

**CFL.** Ahead of clash with Roughriders, Hamilton QB and clan embracing football folklore

Henry Burris is thrilled to have delivered Hamilton Tiger-Cats fans their first Grey Cup berth since 1999. But now the 38-year-old quarterback can give his youngest son, four-year-old Barron, the opportunity to learn about the cup's rich history.

"I asked Barron on Thursday night when we were talking, 'Do you know what the Grey Cup is,' and he was like, 'Daddy, no, I don't know what it is,'"

Burris said. "When he said that, I almost went to tears."

Barron will be able to experience it all first-hand, thanks in large part to his father. Burris threw for 371 yards and three TDs to rally Hamilton to a wild 36-24 win over the Toronto Argonauts in the East Division final Sunday. The Ticats will face the Saskatchewan Roughriders in the Grey Cup on Sunday in Regina.

Burris's oldest son, Armand, had the chance to experience a Grey Cup in '08 when Burris led the Calgary Stampeders to the CFL championship. But Barron wasn't yet born so this will be his first Grey Cup experience.

Forget about the ring or \$16,000 winner's share, seeing his youngest son soak it all in and being there to experience it with him is priceless for Burris.

"They (your family) go through all the sacrifices, being in the stands when people are getting after you saying all types of things about their Daddy, this is what it's all about at the end of the day," Burris said after Sunday's win. "I told him (Barron) I wanted to help make his dream come true for him one day and here we are now. This is truly amazing."

Rallying Hamilton from a 24-10 deficit against Toronto also exorcised some demons for Burris, who pounded the ground after his latest win.

"It just seemed like all the demons of the past four years, what an organization threw at me and all the people have thrown at me, I was just letting them go," Burris said.

THE CANADIAN PRESS

## Standout in Steeltown

Named the CFL's outstanding player in 2010 with Calgary, Burris was replaced as a starter the next season and dealt to Hamilton

- **2012.** While Burris enjoyed the best season of his career, Hamilton slumped to a 6-12 record
- **2013.** Despite a new roster, a new coach in Kent Austin and a new temporary home in Guelph, Burris led the league in passing while the Ticats improved to 10-8
- **Playoffs.** Hamilton beat Montreal in the Eastern semi-final in OT and routed the Argos in last Sunday's final, booking their passage to Regina

## Memories that last a lifetime

"It's all about giving your children and family an experience they will never forget."

Hamilton quarterback Henry Burris discusses the thrill of victory in the CFL Playoffs

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	20	13	6	1	57	37	27
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	20	10	10	0	42	50	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

#### Tuesday's results

St. Louis at Buffalo  
NY Islanders at Toronto  
Ottawa at Philadelphia  
Nashville at Detroit  
Minnesota at Montreal  
Boston at NY Rangers  
Chicago at Colorado  
Columbus at Edmonton  
Florida at Vancouver  
Tampa Bay at Los Angeles

#### Monday's results

Boston 4 Carolina 1  
Pittsburgh 3 Anaheim 1  
Calgary 5 Winnipeg 4 (SO)

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	20	9	9	2	46	63	20

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

#### Wednesday's games — All Times Eastern

Minnesota at Ottawa, 7:30 p.m.  
Pittsburgh at Washington, 8 p.m.  
New Jersey at Anaheim, 10 p.m.  
Columbus at Calgary, 10 p.m.

#### Thursday's games

St. Louis at Boston, 7 p.m.  
Nashville at Toronto, 7 p.m.  
Buffalo at Philadelphia, 7 p.m.  
Carolina at Detroit, 7:30 p.m.  
Chicago at Winnipeg, 8 p.m.  
NY Rangers at Dallas, 8:30 p.m.  
Colorado at Phoenix, 9 p.m.  
Florida at Edmonton, 9:30 p.m.  
New Jersey at Los Angeles, 10:30 p.m.  
Tampa Bay at San Jose, 10:30 p.m.

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	6	3	.667	2½
Philadelphia	5	7	.417	5
Atlanta	6	4	.600	3
Charlotte	5	6	.455	4½
Orlando	4	6	.400	5
Toronto	4	7	.364	5½
Boston	4	7	.364	5½
Cleveland	4	7	.364	5½
New York	3	6	.333	5½
Detroit	3	6	.333	5½
Brooklyn	3	7	.300	6
Washington	2	7	.222	6½
Milwaukee	2	7	.222	6½

### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	½
Golden State	8	3	.727	1½
Oklahoma City	7	3	.700	2
L.A. Clippers	7	4	.636	2½
Minnesota	7	4	.636	2½
Houston	7	4	.636	2½
Dallas	7	4	.636	2½
Phoenix	5	4	.556	3½
Memphis	6	5	.545	3½
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6½
Utah	1	11	.083	9

#### Tuesday's results

Minnesota at Washington  
New York at Detroit  
Atlanta at Miami  
Boston at Houston  
Phoenix at Sacramento

#### Wednesday's games — All Times Eastern

Indiana at New York, 7 p.m.  
Washington at Cleveland, 7 p.m.  
Brooklyn at Charlotte, 7 p.m.  
Toronto at Philadelphia, 7 p.m.  
Miami at Orlando, 7 p.m.  
Detroit at Atlanta, 7:30 p.m.  
Portland at Milwaukee, 8 p.m.  
Utah at New Orleans, 8 p.m.  
L.A. Clippers at Minnesota, 8 p.m.  
Boston at San Antonio, 8:30 p.m.  
Sacramento at Phoenix, 9 p.m.  
Houston at Dallas, 9:30 p.m.  
Memphis at Golden State, 10:30 p.m.

## MLS PLAYOFFS

### CONFERENCE CHAMPIONSHIPS

(Two-game series)

#### EASTERN CONFERENCE

##### KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game

Houston at Kansas City, 7:30 p.m.

#### WESTERN CONFERENCE

##### REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game

Real Salt Lake at Portland, 9 p.m.

## CFL PLAYOFFS

### 101ST GREY CUP

Sunday's game — All Times Eastern

Hamilton at Saskatchewan, 6 p.m.

#### DIVISION FINALS

##### EAST DIVISION

Sunday's result

Hamilton 36 Toronto 24

##### WEST DIVISION

Sunday's result

Saskatchewan 35 Calgary 13

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# 2014 Honda Accord Hybrid

**Review.** Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ  
Drive@metronews.ca

Nothing like a butt kicking to get you motivated. The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio—Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear. Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In EV mode the gas engine is shut down, and you get about two

kilometres of pure electric driving. Hybrids typically have better city fuel efficiency ratings than their highway ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power. So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Accord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensated with more aluminum panels and suspension bits, and



ABOVE PHOTO CONTRIBUTED

a special rear suspension.

The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion. If you need lots of cargo space, make sure you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for

## Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.

\$29,590, the \$35,690 Touring model is where you get navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

## Compare

- 1** Ford Fusion Hybrid  
base price: \$17,000
- 2** Hyundai Sonata Hybrid  
base price: \$17,700
- 3** Toyota Camry Hybrid  
base price: \$17,700

## Correction

The base price listed in the factbox for last week's Toyota Corolla review was incorrect. The car's price was listed as \$33,500 when it should have been \$17,600. Metro apologizes for the error.

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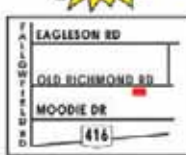
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5  
DRIVE



[illegible]

Those two items alone

should make Mini a better performer, but BMW promises lots of other goodies, including three new twin-turbocharged engines: the 136-hp 1.5-litre "three cylinder"; the 192-hp 2.0-litre "four cylinder"; and a 116-hp 1.5-litre "three-cylinder" diesel (no word on that diesel coming here).

Interesting new technologies include optional LED headlights, a permanently installed SIM card, electric steering, head-up display, camera-based cruise control and automatic braking if a collision is imminent.

This Mini is only about half a metre longer than the original one, but lots taller and wider. Apparently cargo capacity with the rear seats down is now more than 1,000 litres. Sounds like hot-tub territory to me, and for a Mini, a little big.



[illegible]



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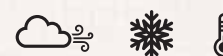


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\*Ratings of "Good" are the highest rating awarded for performance in five safety tests (moderate overlap front, small overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) ([www.iihs.org](http://www.iihs.org)). To earn a 2013 TOP SAFETY PICK+, a vehicle must receive a "Good" rating in at least four of the five tests and a "Good" or "Acceptable" rating in the fifth test. \*MSRP of \$23,495/\$28,495/\$25,995 on 2014 Legacy 2.5i (EA1 BP)/2014 Outback 2.5i Convenience Package (ED1 CP)/2014 Forester 2.5i (EJ1 XO). Lease rate of 0.9%/1.9%/1.9% for 39/39/24 months. Monthly payment is \$250/\$330/\$260 with \$3,013/\$3,671/\$3,487 down payment. Option to purchase at end of lease is \$12,662/\$14,695/\$18,555. Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,650 on 2014 Outback and 2014 Forester; \$1,595 on 2014 Legacy), Air Tax (\$100), Tire Stewardship Levy (\$29.20), OMVIC Fee (\$5), Dealer Admin (\$199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. Models shown: 2014 Legacy 2.5i Limited Package (EA2 LN) with an MSRP of \$32,495. 2014 Outback 3.6R Limited Package (ED2 LN6) with an MSRP of \$38,495. 2014 Forester 2.5i Limited Package (EJ2 LP) with an MSRP of \$33,295.

Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at \$0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. See Subaru Outaouais for complete program details.

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PARTS & SERVICE**

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\*After 5pm, only basic maintenance will be done.

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## Horoscopes

### Aries

March 21 - April 20

Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

### Taurus

April 21 - May 21

Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

### Gemini

May 22 - June 21

However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

### Cancer

June 22 - July 23

There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

### Leo

July 24 - Aug. 23

You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

### Virgo

Aug. 24 - Sept. 23

You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

### Libra

Sept. 24 - Oct. 23

Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

### Scorpio

Oct. 24 - Nov. 22

A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

### Sagittarius

Nov. 23 - Dec. 21

You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

### Capricorn

Dec. 22 - Jan. 20

You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

### Aquarius

Jan. 21 - Feb. 19

You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

### Pisces

Feb. 20 - March 20

Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-\_\_\_
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great \_\_\_ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, \_\_\_de.ap
41. "Kung Fu \_\_\_" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.

48. Biblical 12
50. The Who's "Love, Reign \_\_\_ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom

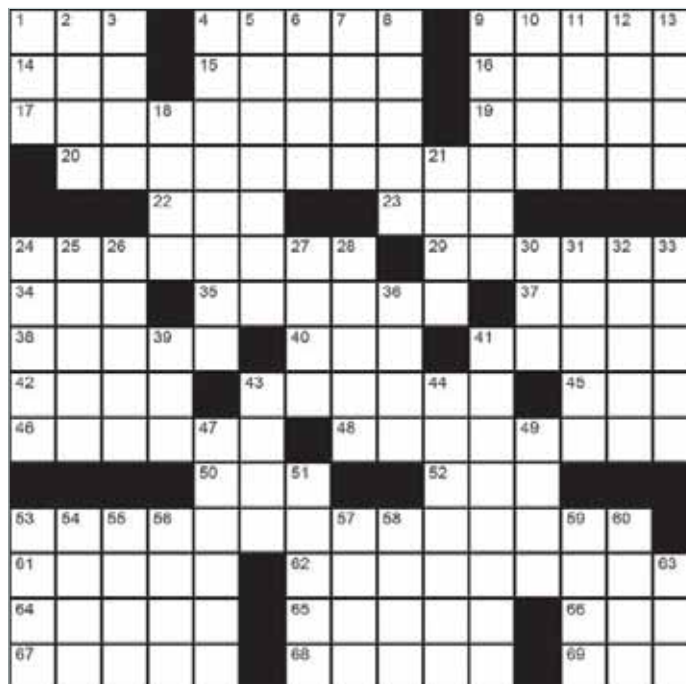
67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

### Down

1. H, in ancient Greece
2. Ho Chi \_\_\_ City
3. Forearm bone
4. People line up for shots to avoid it: 2

5. "Wichita \_\_\_": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. Singer of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK

- stands for, Laser in \_\_\_
- Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. \_\_\_ history
21. Cardinal point
24. Janet \_\_\_, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec

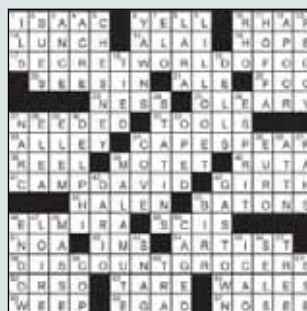


See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- near Montreal
27. Sports org. founded in 1906
28. 10th Greek letter
30. Ms. Lupino
31. Group on a Sunday talk show
32. Canadian impressionist, \_\_\_Philippe Gagnon
33. Beloveds
36. High-fiving sound
39. Antacid brand
41. Interests
43. Greeting card's inner message
44. Viral videos venue
47. Music style
49. Domesticated
51. "M\*A\*S\*H" role
53. Russian river
54. Country singer's 2001 to 2007 sitcom
55. Wild guess
56. 'Grad' add-on (Degree getter)
57. Travelled by horse
58. Legendary star
59. Reverse
60. Discontinue
63. Place

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today



2°/-4°  
Sunny

Thursday



5°/-2°  
Variable

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

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ON SELECT MODELS

+ **0%**<sup>†</sup>  
FINANCING FOR  
36 MONTHS  
+  
**5** YEAR  
COMPREHENSIVE  
WARRANTY



Limited model shown

HWY: 8.4L/100 KM  
CITY: 11.0L/100 KM\*

## 2013 SANTA FE 2.0T LIMITED AWD

### AVAILABLE FEATURES INCLUDE:

- PANORAMIC SUNROOF • REARVIEW CAMERA
- HEATED FRONT/REAR SEATS

**0%**<sup>†</sup>  
FINANCING FOR  
36 MONTHS



2013 CANADIAN  
UTILITY VEHICLE  
OF THE YEAR



Limited model shown

HWY: 8.0L/100 KM  
CITY: 11.7L/100 KM\*

## 2013 SANTA FE XL PREMIUM AWD

### AVAILABLE FEATURES INCLUDE:

- 3.3L GDI V6 ENGINE • POWER LIFTGATE
- 5,000 LBS TOWING CAPACITY

**0%**<sup>†</sup>  
FINANCING FOR  
36 MONTHS



**7** PASSENGER  
SEATING

## THE NEW 2014 TUCSON HAS ARRIVED



Limited model shown

HWY: 7.2L/100 KM  
CITY: 10.0L/100 KM\*

## 2014 TUCSON

SELLING PRICE: \$22,895\* TUCSON 2.0L GL FWD MT.  
FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

### STANDARD FEATURES INCLUDE:

- AIR CONDITIONING • EZ LANE CHANGE ASSIST
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OWN IT FOR **\$119** BI-WEEKLY  
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